

## WHAT IS CLAIMED IS:

1. A method of tracking progress of a beauty treatment regimen, the method comprising:

prescribing the beauty treatment regimen to an individual, the regimen for altering a condition of at least one of skin, hair, teeth and nails, wherein a typical individual undergoing the beauty treatment regimen exhibits at least one indicia of progress, the indicia of progress being substantially imperceptible to a typical human eye in at least one stage of the beauty treatment regimen;

tracking the indicia of progress with respect to the individual; and

advising the individual about positive progress in the beauty treatment regimen.

2. The method of claim 1, further including encouraging the individual to continue the beauty treatment regimen regardless of whether the positive progress is substantially imperceptible to the typical human eye.

3. The method of claim 1, further including advising the individual about a synergy of an additional treatment for use with the prescribed beauty treatment regimen.

4. The method of claim 3, wherein the prescribed beauty treatment regimen includes a wrinkle treatment and the additional treatment is an elasticity treatment.

5. The method of claim 3, wherein advising the individual about a synergy occurs when the indicia of progress is below a desired threshold.

6. The method of claim 1, further including altering the beauty treatment regimen when the indicia of progress is below a desired threshold.

7. The method of claim 1, wherein tracking involves the use of a image capture device.

8. The method of claim 1, wherein tracking includes auto-evaluation by the individual.

9. The method of claim 1, wherein tracking includes directing the individual to conduct at least a portion of at least one self-test, and directing the individual to record a result of the at least a portion of at least one self-test.

10. The method of claim 9, wherein the at least one self-test is a test of at least one of elasticity, oiliness, pH, texture, color, and pigmentation of at least one of the individual's skin, hair, teeth, and nails.

11. The method of claim 1, wherein tracking includes directing physical test materials to be used on the individual, and directing transmission of used test materials to a laboratory for analysis.

12. The method of claim 1 wherein tracking includes collecting a series of data points to form a curve and calculating an area under the curve.

13. The method of claim 1, wherein the beauty treatment regimen includes at least one of a treatment for wrinkle reduction, anti-aging, elasticity improvement, enhanced coloration, improved clarity, skin blemish removal, and freckle reduction.

14. The method of claim 1, further including, conducting over a network at least a portion of a beauty analysis on the individual prior to prescribing.

15. The method of claim 14, wherein during the beauty analysis, the individual is instructed to conduct at least a portion of at least one self-test, and to electronically report a result of the at least a portion of at least one self-test.

16. The method of claim 1, wherein prescribing, tracking and advising are accomplished by providing the individual with computer-related product, and wherein the computer-related product is configured to perform at least a portion of the prescribing, tracking, and advising.

17. The method of claim 1, wherein the at least a portion of prescribing, tracking and advising is accomplished using a network that is accessible by the individual.

18. The method of claim 1, wherein tracking includes obtaining a body condition image and magnifying the image.

19. The method of claim 1, wherein tracking includes directing application of powder to the individual.

20. The method of claim 1, wherein tracking includes directing illumination of the individual's skin with a Woods lamp.

21. A method of tracking progress of a beauty treatment regimen, the method comprising:

prescribing the beauty treatment regimen to an individual for altering a condition of at least one of skin, hair, teeth and nails, wherein a typical individual undergoing the beauty treatment regimen exhibits at least one indicia of progress, the indicia being substantially imperceptible to a typical human eye in at least one stage of the beauty treatment regimen;

tracking the indicia of progress with respect to the individual;

capturing at least two images of portions of the individual's body using an image capture device;

comparing, using image processing, at least two images of portions of the individual's body to ascertain treatment effectiveness; and

advising the individual of information reflective of the treatment effectiveness.

22. The method of claim 21, wherein during image processing, wrinkles in a first image of portions of the individual's body are quantified, and compared with wrinkles quantified in a second image of portions of the individual's body.

23. The method of claim 21, wherein during image processing, coloration in a first image of portions of the individual's body is quantified, and compared with coloration in a second image of portions of the individual's body.

24. The method of claim 21, wherein during image processing, at least one of skin blemishes and freckles in a first image of portions of the individual's body are quantified, and compared with at least one of skin blemishes and freckles in a second image of portions of the individual's body.

25. The method of claim 21, wherein tracking includes obtaining a body condition image and magnifying the image.

26. The method of claim 21, wherein tracking includes directing application of powder to the individual.

27. The method of claim 21, wherein tracking includes directing illumination of the individual's skin with a Woods lamp.

28. A system for tracking progress of a beauty treatment regimen, the system comprising:

means for prescribing the beauty treatment regimen to an individual, the prescribing means for altering a condition of at least one of skin, hair, teeth and nails,

wherein a typical individual undergoing the beauty treatment regimen exhibits at least one indicia of progress, the indicia of progress being substantially imperceptible to a typical human eye in at least one stage of the beauty treatment regimen;

means for tracking the indicia of progress with respect to the individual; and

means for advising the individual about positive progress in the beauty treatment regimen.

29. The system of claim 28, further including means for encouraging the individual to continue the beauty treatment regimen regardless of whether the positive progress is substantially imperceptible to the typical human eye.

30. The system of claim 28, further including means for advising the individual about a predicted synergy of an additional treatment for use with the prescribed beauty treatment regimen.

31. The system of claim 30, wherein the prescribed beauty treatment regimen includes a wrinkle treatment and the additional treatment is an elasticity treatment.

32. The system of claim 30, wherein the advising means advises the individual about a predicted synergy occurs when the indicia of progress is below a desired threshold.

33. The system of claim 28, further including means for altering the beauty treatment regimen when the indicia of progress is below a desired threshold.

34. The system of claim 28, wherein the tracking means includes means for collecting information.

35. The system of claim 28, wherein the tracking means includes means for directing the individual to conduct at least a portion of at least one self-test, and directing the individual to record a result of the at least a portion of at least one self-test.

36. The system of claim 35, wherein the at least one self-test is a test of at least one of elasticity, oiliness, pH, texture, color, and pigmentation of at least one of the individual's skin, hair, and nails.

37. The system of claim 28, wherein the tracking means is configured to collect a series of data points to form a curve and calculates an area under the curve.

38. The system of claim 28, wherein the beauty treatment regimen is at least one of a treatment for wrinkle reduction, anti-aging, elasticity improvement, enhanced coloration, improved clarity, skin blemish removal, and freckle reduction.

39. The system of claim 28, further including means for conducting over a network at least a portion of the beauty analysis on the individual prior to prescribing.

40. The system of claim 39, further including means for enabling electronic reporting of beauty information, and wherein during the beauty analysis, the individual is instructed to conduct at least a portion of at least one self-test, and to electronically report a result of the at least a portion of at least one self-test using the electronic reporting means.

41. The system of claim 28, wherein at least one of the prescribing, tracking and advising means are computer-related products provided to the individual.

42. The system of claim 28, wherein the at least a one of the prescribing, tracking and advising means includes a network.

43. A system of tracking progress of a beauty treatment regimen, the system comprising:

means for prescribing the beauty treatment regimen to an individual, the prescribing means for altering a condition of at least one of skin, hair, teeth and nails, and wherein a typical individual undergoing the beauty treatment regimen exhibits at least one indicia of progress, the indicia being substantially imperceptible to a typical human eye in at least one stage of the beauty treatment regimen;

means for tracking the indicia of progress with respect to the individual; and

information collection means for capturing at least two images of portions of the individual's body;

means for comparing the at least two images of portions of the individual's body to ascertain treatment effectiveness; and

means for advising the individual of information reflective of the treatment effectiveness.

44. The system of claim 43, wherein the comparing means is configured to quantify differences in wrinkles between the at least two images.

45. The system of claim 43, wherein the comparing means is configured to quantify differences in coloration between the at least two images.

46. The system of claim 43, wherein the comparing means is configured to quantify differences in at least one of skin blemishes and freckles between the at least two images.

47. The system of claim 43, wherein the tracking means includes means for reporting test results to a laboratory.

48. A method of performing a skin analysis, the method comprising:  
altering a chemical level in a subject's body;  
prescribing a beauty treatment regimen to the subject;  
receiving measurements reflecting a period of time required for the chemical  
level to cross a threshold level;  
determining from at least the measured period of time, a projected effectiveness  
of the prescribed beauty treatment regimen; and  
advising the subject of the projected effectiveness before an actual effectiveness  
is perceptible to the subject.

49. The method of claim 48, wherein altering includes adjusting a catalyst  
level at a skin surface of the subject.

50. The method of claim 48, wherein altering includes adjusting a phosphate  
level at a skin surface of the subject.